

# Health & Wellbeing

## Term 2 Programme January - March 2024

### Upcoming sessions during January



Healthy  
Minds

#### Mindfulness Learning for Life and Work

The Mindfulness Centre NI

16 January 2024 for 6 weeks

5.00pm - 6.00pm

Ever thought about developing mindfulness? If you worry about the past, fret about the future and struggle to cope with the present it could be your key to a happier, more stress-free life. Join Caroline Stewart in this 6 week Learning for Life and Work Course. [Register your place here](#)



Healthy  
Bodies

#### Benenden Information Session

Benenden Health

16 January 2024, 12.30pm - 1.00pm

16 January 2024, 4.00pm - 4.30pm

17 January 2024, 12.30pm - 1.00pm

17 January 2024, 4.00pm - 4.30pm

We are delighted to be able to offer all staff, teaching and non-teaching in schools and services the opportunity to join an NHS complementary healthcare scheme in partnership with Benenden Health. To find out more attend one of our information sessions. [Register your place here](#)



Healthy  
Minds

#### 5 Ways to Mental Wellbeing

Jan Montgomery

18 January 2024 - 4.00pm to 5.30pm

Jan Montgomery looks at how incorporating the 5 Ways to Wellbeing in our daily lives will help us feel better both mentally and physically and explore different ways to introduce these into your daily life. [Register your place here](#)



# Health & Wellbeing



Financial  
Wellbeing

## Welcome to the Scheme NILGOSC

**22 January 2024, 3.00pm - 4.30pm**

The session will explain the main Scheme benefits, contributions and AVCs/APCs, transfers and aggregating other Scheme pensions. There will also be a demonstration of how to access My NILGOSC Pension Online so members can keep track of their NILGOSC pension and plan for future retirement. [Register your place here](#)



## Scheme Benefits NILGOSC

**24 January 2024, 3.00pm - 4.30pm**

**26 January 2024, 10.00am - 11.30am**

This is a general overview for future retirement planning. This session will cover the use of AVCs and APCs to boost pension savings, the different types of retirement, and will also cover what options are available if you leave the pension scheme before retirement. [Register your place here](#)

## Approaching Retirement NILGOSC

**25 January 2024, 3.00pm - 4.30pm**

This session is aimed at employees who may be thinking of retiring in the next few years. It will cover the different types of retirement, how benefits are calculated and will include a demonstration of My NILGOSC Pension Online and how to tailor their own pension projections.

[Register your place here](#)



Healthy  
Minds

## Living with Worry and Anxiety INSPIRE

**24 January 2024, 4.00pm - 5.00pm**

Stephen Wray from Inspire Workplaces delivers this one hour webinar which aims to provide us with tools to deal with worry and anxiety, looks at some of the triggers and examines ways to help. [Register your place here](#)



# Health & Wellbeing



Healthy  
Bodies

## Face to Face Nutrition Workshops Academy Street Vital Nutrition

**23 January 2024 for six weeks**

Jane is joining us face to face in Academy Street over a six week period including live demos focusing on the topic Six Weeks to Super Health. [Register your place here](#)

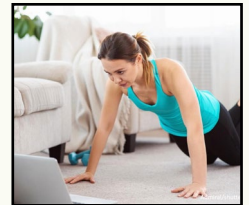


## Pilates

**360 Active Fitness**

**23 January 2024 for 8 weeks, 6.00pm - 7.00pm**

Get 2024 off to a healthy start with our Tuesday evening Pilates classes with Anne. [Register your place here](#)

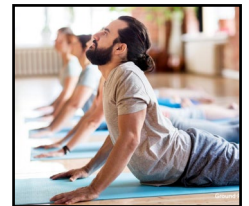


## Yoga

**Gary at Belfast Fitness NI**

**25 January 2024 for 6 weeks, 6.00pm – 7.00pm**

Get your mind and body back to balance with Gary's Vinyasa styled Yoga classes. [Register your place here](#)



Social  
Health

## Domestic and Sexual Abuse and Violence Women's Aid

**24 January 2024, 4.30pm - 6.00pm**

Facilitated by Women's Aid Federation NI this training will inform staff of the extent of domestic & sexual violence & abuse in Northern Ireland, setting the scene locally and putting in context. What is meant by domestic abuse including; setting the scene, beliefs and attitudes, the impact of those living with abuse, and the impact on children and young people. [Register your place here](#)



Healthy  
Bodies

## Hidden Harm Awareness

**ASCERT**

**30 January 2024, 4.00pm - 7.00pm**

This course is aimed at those working within a school or other educational setting (e.g. teaching staff, classroom assistants, youth workers) who wish to become more aware of the impact of parental substance misuse/parental mental ill health on young people. [Register your place here](#)



## Upcoming sessions during February



Financial Wellbeing

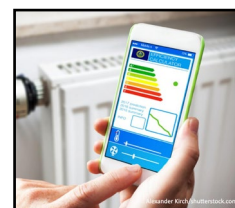
### Information Session

#### National Energy Action

1 February 2024, 3.30pm - 4.30pm

Join [National Energy Action Northern Ireland](#) to discuss changes you can make to reduce your energy bills.

[Register your place here](#)



### 1-1 Financial Wellbeing Clinics

#### Kith & Kin

5 February - 9 February 2024, 30 minute slot

Do you want help to improve your Financial Wellbeing in 2024. Book a free and confidential 1-1 meeting with a qualified financial adviser from Kith & Kin Financial Wellbeing. Kith & Kin offer support, guidance and advice on a wide range of financial topics including savings, investments, budget planning, debt management, mortgages, pensions and much more. [Register your place here](#)



Healthy Bodies

### Hidden Harm Awareness

#### ASCERT

6 February 2024, 4.00pm - 7.00pm

This course is aimed at those working within a school or other educational setting (e.g. teaching staff, classroom assistants, youth workers) who wish to become more aware of the impact of parental substance misuse/parental mental ill health on young people. [Register your place here](#)





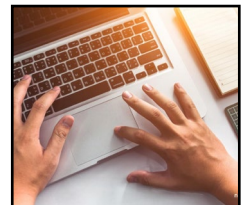
Social Health

## Leading Hybrid Teams with Ease INSPIRE

8 February 2024, 10.00am - 12.30pm

Frank Liddy from Inspire Workplaces delivers this webinar which aims to support managers and team leaders to help motivate and engage hybrid workforces.

[Register your place here](#)



## Manager Promoting Positive Mental Health INSPIRE

20 February 2024, 10.00am -12.00pm

Inspire Workplaces will deliver this webinar to help managers support healthy minds and individual wellbeing. The webinar will help managers in recognising signs and symptoms of stress, anxiety and tips on how to support staff experiencing mental health issues including signposting for support and self-care. [Register your place here](#)



Healthy Bodies

## Benenden Information Session Benenden Health

20 February 2024, 12.30pm - 1.00pm

20 February 2024, 4.00pm - 4.30pm

21 February 2024, 12.30pm - 1.00pm

21 February 2024, 4.00pm - 4.30pm

We are delighted to be able to offer all staff, teaching and non-teaching in schools and services the opportunity to join an NHS complementary healthcare scheme in partnership with Benenden Health. To find out more attend one of our information sessions. [Register your place here](#)

benenden health

## Tai Chi

Ryan McQuillan

21 February 2024 for 4 weeks, 5.45pm - 6.30pm

Join Ryan over 4 weeks learning and developing the techniques of Tai Chi. [Register your place here](#)



# Health & Wellbeing



Social  
Health

## Open Water Swim Meet up Wildswim.ie

25 February 2024, 10.00am - 12 noon

Join Mo and Paul from wildswim.ie along with the EA Open Water Network for an Open Water Swim at Camlough Lake.

[Register your place here](#)



Healthy  
Minds

## Supporting Emotional Wellbeing and Regulation Jan Montgomery

29 February 2024, 4.00pm - 5.30pm

Jan Montgomery explores the definition of mental health and wellbeing in the workplace and will consider factors affecting mental health in the workplace and how to support staff to support each other. [Register your place here](#)



## Upcoming sessions during March



Financial  
Wellbeing

### Teaching AVC's Kith & Kin

5 March 2024, 4.00pm - 5.00pm

Join Kith & Kin to find out what an AVC is and how you can use an AVC to top up your DENI pension regardless of your age. [Register your place here](#)



### Women & Money Kith & Kin

7 March 2024, 4.00pm - 5.00pm

To celebrate international Women's Day, which takes place on 8 March, Kith & Kin's Financial Adviser, Sean Bruen will deliver a webinar addressing specific financial issues women face during employment, including - Menopause, Divorce & Separation, Motherhood, Smaller Pensions and Health issues inc. breast cancer. [Register your place here](#)





# Health & Wellbeing



## Domestic and Sexual Abuse and Violence Women's Aid

20 March 2024, 6.30pm - 8.00pm

Facilitated by Women's Aid Federation NI this training will inform staff of the extent of domestic & sexual violence & abuse in Northern Ireland, setting the scene locally and putting in context. What is meant by domestic abuse including; setting the scene, beliefs and attitudes, the impact of those living with abuse, and the impact on children and young people. [Register your place here](#)



## Stress Control Classes HSCNI

The Stress Control Classes from Dr Jim White will teach you great skills to fight stress and boost your wellbeing.

[Find out more information here](#)



## Health and Wellbeing Highlights

### Cycle to Work Scheme

Cycle2Work offers EA staff the most cost-effective way to get a new bike and/ or cycling equipment. The scheme is in partnership with Halfords and can save staff between 32% and 42% on a new bike/ accessories. [Find out more information here](#)

To sign up, visit [www.cycle2work.info](http://www.cycle2work.info) and apply using the employer code **EA12C2W**. Your scheme is open all year round!



0345 504 6444 [www.cycle2work.info](http://www.cycle2work.info) [cycle2.work@halfords.co.uk](mailto:cycle2.work@halfords.co.uk)

### Inspire Therapeutic & Wellbeing Services

Inspire Therapeutic & Wellbeing Services is an independent source of support, this service is free to all EA Staff. Take the first step, lift the phone, and contact Inspire Workplaces to talk to someone who can help you to access specialist support and information.

[Find out more information here](#)





## Free Will Writing Service

We probably all understand that we should have a Will but the reality is that most of us don't have one, the Free Will Writing Service applies to all Education Authority staff and extends to family members also.

[Find out more here](#)



## Health & Wellbeing Champion Network

Join the Health and Wellbeing Champion Network today and become part of how we encourage staff to look after their own Health and Wellbeing and that of others around them.

[Find out more here](#)



## Supporting & Managing Staff Attendance

This Mandatory Training for line managers aims to provide you with the knowledge and skills to be able to maximise staff attendance and manage sickness absence.

[Find out more here](#)



## Public Health Dietitians - Pre Recorded Webinars

The Public Health Dietitians Group in Northern Ireland have a vast resource of pre recorded Nutritional Webinars available to view at a time that suits you. [Find out more here](#)



## Open Access Sessions

We have an array of open access sessions under the themes that are available to view and access at a time that is suitable to you.

